This application is a continuation of and claims priority to U.S. Application No. 10/132,008 filed April 25, 2002, entitled, "Slip Resistant Mat," This application which is a continuation-in-part of U.S. Application No. 09/717,553, filed November 21, 2000. The entire contents of U.S. Application No. 10/132,008 are hereby incorporated by reference.